

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

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Elm St. Health Center Renamed in Honor of Mayor Bobbie Sterne



Councilmember David Mann joined various City leaders last month to formally rename a Cincinnati Health Department health center in memory of trailblazing local politician Bobbie Sterne.

In honor of the late mayor of Cincinnati, the public health clinic at 1525 Elm Street is now known as the Bobbie Sterne Health Center. The renaming was marked by a series of sign unveilings at the Over-the-Rhine facility and various comments and anecdotes shared by Councilmember Mann, current Mayor John Cranley, Acting City Manager Patrick Duhaney, and Health Department leaders.

"This renaming is a fitting honor for Mayor Sterne. She was a true champion for all Cincinnatians but especially those in need," stated Councilmember Mann who authored the ordinance asking for the name change. The ordinance passed unanimously.

"Sterne was a passionate voice for those who didn't have one; a political trailblazer whose commitment to public service was demonstrated by her grace, fortitude and unwavering conviction that a great city deserved a City Hall that worked for all of its people," Councilmember Mann added.

Bobbie Lynn Sterne played a prominent and influential role in Cincinnati's political scene for nearly 30 years. She was Cincinnati's second female mayor, serving two terms in office from 1975–1976 and 1978–1979. In addition to being remembered as one of the first female mayor's in the United States, she was also a long-time Cincinnati City Councilmember and a staunch supporter of the Cincinnati Health Department.

"Former Mayor Sterne's advocacy for the health of all Cincinnatians is a legacy that deserves to be honored and celebrated," said Mayor John Cranley. "She was a tremendous public servant and will continue to inspire us all through the dedication of this center."

Throughout her professional career, Sterne promoted for policies that aimed to enhance equity and equality, and she pushed for additional services to benefit the physically and emotionally challenged. She was a strong believer in providing health services for the poor, an early supporter of LGBTQ rights, and an overall advocate for the less fortunate.

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Love on each other!

In my short time here, I've found that Cincinnati is a vibrant and growing city with a bright future – incredibly rich in heritage and history, with a thriving and innovative business community and tourism industry, numerous unique family and child friendly attractions, some of the best healthcare in the country and much to be proud of.

The Cincinnati Health Department also has a lot to celebrate and be proud of. From our programs and services to our community partners and commitment to our patients and those we serve, we are vibrant and thriving – thanks in large part to our employee base. Without them, we wouldn't have improved the health of our community or made the positive and un-denying impact that we have over the past 193 years.

In 2019, my hope is to build upon that 193 year foundation; starting with building a kinder workplace that will rush in profound positive effects on morale, productivity and, ultimately, the health and wellness of our staff at large and community.

It is the compassion of our staff who have an authentic desire to help others, which thereby creates a positive effect on others and in turn, elicits a positive emotional response. When we treat ourselves and others compassionately, we tend to come together in a contributory manner that raises the group to greater heights as a whole. With this, bonds are formed, trust is established, and a willingness to collaborate on projects and shared visions becomes the driving force behind our every intention. The bonds are strengthened and silos are broken and we are better.

When people come together in a supportive environment, and they feel safe from competition, there is less fear of failure, which results in greater strength. These are some of the things that we will be focusing on to improve our day to day working relationships with our peers. I'm working to get us to better 'love on each other' to move us to that place.

It's not to late to get a flu shot!

Even if you haven't yet been vaccinated and have already gotten sick with flu, you can still benefit from vaccination since the flu vaccine protects against three or four different flu viruses (depending on which flu vaccine you get). As long as flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against the flu.

People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes, heart disease or lung disease, and people aged 65 years and older. For people at high risk, getting the flu can be more serious than for other people. Flu is more likely to lead to hospitalization or death for people in this category.



Events & Shout Outs!

Monday, January 21— Martin Luther King, Jr. Day, “400 Years of Enslavement: It Stops With Us”

- *King Legacy Breakfast*, National Underground Railroad Freedom Center, 8:00 a.m.
- *44th Annual Commemorative March*, Begins at the Freedom Center, 10:30 a.m.
- *Interfaith Prayer Service*, Fountain Square, 11:00 a.m.
- *Music Hall Celebration*, 12:00 p.m., Rev. Derek Terry, Keynote Speaker
- Featuring the award-winning MLK Chorale Word-play Cincy Scribes



CHD would like to give a BIG shout out to Rhonda Johnson and Sharmayne Moore (CRR's) who received a bouquet of flowers from a satisfied customer. We want to extend our thanks for exhibiting the qualities of GREAT Customer service. Keep up the great work you're doing to improve the health and wellness of all

who live, work & play in Cincinnati!

CHD Honors Long Term City of Cincinnati Employees at CHD

Employees will be recognized for their years of service to the CHD/City of Cincinnati at the next Board of Health Meeting scheduled for Tuesday, February 26, at 6:00 p.m.

Please join us to celebrate their commitment to the Queen City

KNOW STORM WARNING TERMS

Winter Weather Advisory

Expect winter weather condition (e.g., accumulation of snow, freezing rain, and sleet) that could cause severe inconvenience and life-threatening hazards.

Frost/Freeze Warning

Expect below-freezing temperatures.

Winter Storm Watch

Be alert; a storm is likely.

Winter Storm Warning

Take action; the storm is in or entering the area.

Blizzard Warning

Seek refuge immediately! Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill.

**Community programs awarded \$15,000**

The final Creating Healthy Communities meeting of 2018 took place on Wednesday, December 12. The meeting featured the first SHARP Tank: Population Health Pitch. Local community health leaders presented their pitches to our judge panel consisting of Health Commissioner Melba Moore, Dr. O'dell Owens, and Megan Folkerth. They awarded two community programs with \$15,000 of funding for their initiatives: Vanessa Denier of the Smoke-Free Hammond North Condominiums initiative and Candice Tolbert of SuperSeeds.

The Coalition also recognized several of its members who have worked diligently to contribute to positive changes in community-level outcomes. These coalition members have implemented interventions to target healthy eating, active living, tobacco free living, and evaluation and capacity building. Honorees include: Jodi Cunningham of the Community Builders, Anzora Adkins of the Evanston Community Council, Jeff Gaylor of the American Heart Association, and Alicia Tidwell of Health Care Access Now.

**A Message from the Board of Health**

Phil Lichtenstein, MD
Board Chair

As we enter the New Year, I would like to send my greetings to all of you. This year, the Cincinnati Health Department will mark the 193rd anniversary of its founding. I realize that this, too, would not have been possible without the support of our elected officials, employees, community partners/ stakeholders, grantees, and 44,000 patients. For that and more, I would like to express my heartfelt gratitude to all of you. In this milestone year, I would like to reaffirm our commitment to doing our utmost for the advancement of the City of Cincinnati.

I have had the great pleasure being the Board of Health Chair for the last year. In 2018, we achieved a number of significant milestones together, and for you I am also thankful. With each passing year, there are always challenges, and maybe a low point here and there, but most often, they are generously peppered with many successes which bring happiness and forward movement.

I'd like to personally thank you for your support and endorsement of our combined efforts, and pledge to work even more strenuously for you in the year ahead. As I look forward to another busy and productive 2019, I'm elated at how fortunate I am to live, work and play in this great city.



The Cincinnati Health Department wants you to know that there's a lot you can do to prevent cervical cancer. Each year, more than 11,000 women in the United States get cervical cancer.

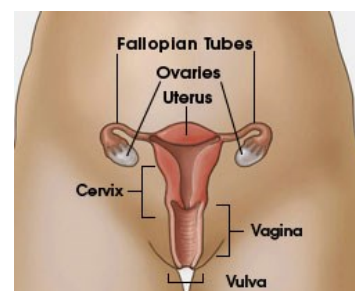
Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later. When cancer starts in the cervix, it is called cervical cancer. The cervix is the lower, narrow end of the uterus. The cervix connects the vagina (birth canal) to the upper part of the uterus. The uterus (or womb) is where a baby grows when a woman is pregnant.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent human papillomavirus (HPV) infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. HPV is a very common infection that spreads through sexual activity, and it causes almost all cases of cervical cancer. About 79 million Americans currently have HPV, but many people with HPV don't know they are infected. The good news is that the HPV vaccine (shot) can prevent HPV, and cervical cancer can often be prevented with regular screening tests and follow-up care.

In honor of National Cervical Health Awareness Month, CHD encourages:

- Women to start getting regular cervical cancer screenings at age 21
- Parents to make sure pre-teens get the HPV vaccine at age 11 or 12
- Teens and young adults also need to get the HPV vaccine if they didn't get it as pre-teens. Women up to age 26 and men up to age 21 can still get the vaccine.

To schedule an appointment for a cervical screening, call 513.357.7320.



Continued from page 1—Elm St. Health Center Renamed in Honor of Mayor Bobbie Sterne

Long before federal law required it, Sterne pushed to make Cincinnati more accessible for those suffering from disabilities and led the charge for sidewalk "cut outs" that made it easier for people in wheelchairs to use city crosswalks.



Prior to her career in politics, Sterne served as a nurse in the U.S. Army during World War II. That background in nursing led her to help start the Cincinnati Health Department Volunteers, a first-of-its-kind group in the country. Her work with the volunteers brought the health care needs of citizens directly to her attention and propelled her interest in public service.



"As a healthcare advocate, she helped create health clinics for the underserved, providing pre- and post-natal care for mothers and babies who had no access to health services," explained Phil Lichtenstein, MD, Board Chair, Board of Health. "Specifically, as a Health Department Volunteer, she successfully spearheaded immunization programs in schools and neighborhoods. That's the type of name we want represented on our health center."



Special thanks to Councilman David Mann and staff, Alvenia Ross, Gauri Wadhwa, VaLinda Hallums and Andrew Bass for their assistance in preparing for the Bobbie Stern Health Center renaming press conference. A special thank you to Ms. Ross for offering her excellent event planning and decorating expertise.

The newly named Bobbie Sterne Health Center initially functioned as a public school before the Cincinnati Health Department acquired the building and moved its 12th Street Health Center to the site. Services provided include dental, pharmacy, vital records, Women Infant Care (WIC), IT, environmental health, and laboratory services. Comprehensive ancillary support is also housed at the facility. Currently, there are approximately 125 employees who work in the building.

Cincinnati Raises Tobacco Sale Age to 21

An ordinance named "Tobacco 21" passed by City Council raised the age to sell tobacco products to customers in the city of Cincinnati. Tobacco 21 increases the minimum legal sale of tobacco products from 18 to 21 in Cincinnati city limits. It was voted into law by a majority vote from Cincinnati City Council on December 12, 2018.



In accordance with the newly passed Tobacco 21 ordinance, the Cincinnati Health Department will implement a Tobacco Retail License regulatory protocol in December of 2019, requiring all stores that sell tobacco products within the City of Cincinnati to purchase an annual license. The license, which allows for regular inspections and enforcement activities, empowers the Health Department to ensure compliance with the Tobacco 21 policy.

Prior to implementation of the Tobacco Retail License protocol, CHD will conduct educational outreach activities with tobacco retailers to educate them on Tobacco 21 and the Tobacco Retail License. The Cincinnati Health Department will also host community forums and use the voices of the Cincinnati STAND anti-tobacco youth group to spread the word about Tobacco 21 and how it reduces youth access to tobacco.

The Health Department will ensure compliance with the Tobacco 21 policy through regular inspections and enforcements. Specific details about the application process and details about the program will be outlined in greater detail on the Cincinnati Health Department's website in the coming months.

Tobacco is the leading cause of preventable death, disease, and disability in the United States, according to the Centers for Disease Control and Prevention (CDC). A U.S. Department of Health and Human Services report in 2014 shows that tobacco contributes to more than 480,000 annual deaths, tobacco kills more Americans than opioid overdoses, alcohol, AIDS, car accidents, homicides and suicides combined.

If smoking continues at the current rate among youth in this country, 5.6 million of today's Americans younger than 18 will die early from a smoking-related illness. That's about 1 of every 13 Americans aged 17 years or younger alive today.

National data shows that 95% of smokers begin smoking before age 21, with 75% of teen smokers continuing to smoke into adulthood. In Ohio, 34,100 youth under 18 try their first cigarette and an additional 5,400 kids become new, daily smokers every year. If current trends continue, 259,000 of Ohio's youth alive today will die prematurely from a tobacco-related illness, according to the Surgeon General.

Raising the minimum legal sale age of tobacco products to 21 will help keep tobacco out of high schools and out of the hands of teenagers.

Currently six states – Hawaii, California, New Jersey, Maine, Massachusetts, and Oregon – have raised the age to purchase tobacco products to 21, along with more than 350 localities throughout 22 states. There are 15 cities in Ohio with similar Tobacco 21 laws, including Columbus, Cleveland and Akron.

The Cincinnati Tobacco 21 initiative received support from the Cincinnati Health Department, the Creating Healthy Communities Coalition, American Heart Association, American Lung Association, American Cancer Society Cancer Action Network, Campaign for Tobacco Free Kids, Interact For Health, the Health Collaborative, Hamilton County Public Health, Cradle Cincinnati, Tobacco 21 Foundation, and Cincinnati Public Schools.



CHD Announces Maya Williams as January 2019 Employee of the Month!



Huge congrats to Maya Williams for being the CHD Employee of the Month for January 2019! Ms. Williams started working for CHD in April 2001 after years working in WIC. She worked at Ambrose Clement Health Center for 9 years (2001-2010), Price Hill Health for 1 year (2010-2011), WIC 5 years (2011-2017) and now here at HR since 2017. She manages the payroll process, HR processing, onboarding and FMLA. She's been a City employee since 1999 where she started working at Fleet Services.

Williams embodies what it means to be a leader, a team player and a role model of our CHD core values. When asked why she was deserving of the recognition, Harry Barnes, HR Manager and Ms. Williams' supervisor, responded, "Ms. Williams delivers professional, patient, dedicated and dependable service to CHD daily. Most employees do not understand what processes must be completed in order to receive timely paychecks, personal data changes, step up pay and merit pay." Barnes emphasized that Ms. Williams works hard to meet required deadlines so that employees receive pay and other transactions in a timely manner. "Ms. Williams often works beyond regular work hours to ensure timely outcomes," stated Barnes.

Williams consistently demonstrates dedication, patience and high level of customer service. Despite numerous challenges, she meets central payroll deadlines while overseeing a process where key partners do not meet the required timelines. She excels in every area each pay period in this effort.

"Ms. Williams will stay after hours to ensure payroll processing meets the required deadline without any employee missing a paycheck," explained Barnes.

Ms. Williams' personal motto that she lives by is "Treat others how I want to be treated!"

The purpose of the Employee of the Month Program is to recognize employees who have served CHD in an exceptional manner by exemplifying our core values through his/ her work and exhibiting a positive and supportive attitude.

Any employee can nominate a co-worker simply by filling out and submitting a nomination form. Clients may also fill out and submit a nomination form. Forms are available on the CHD website. They are to be submitted to Marla Hurston Fuller either by inner office mail or e-mail (marla.fuller@cincinnati-oh.gov).

Once the selection has been finalized, the Health Commissioner will present the winner with a certificate signed by BOH Chair and Commissioner. Nominees will be recognized via an all-staff email, during the Group of 50 meetings, during planned BOH monthly meetings, in the CHD Newsletter and on CHD social media accounts.



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